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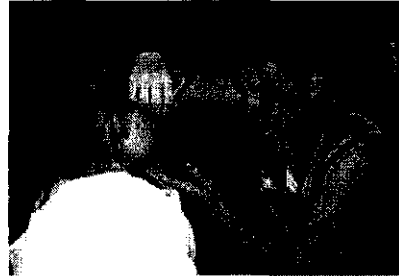


# BLACK HILLS BANDIT

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## News



**Airman 1st Class Callie Olson, 28th Communications Squadron, puts the finishing touches on Isabella Olson's "kitty face" in one of the Kids Fair's two face-painting booths.**

### Airmen draw path to fun

Volunteers entertain thousands at local Kids Fair

Story and photos by Steven J. Merrill, Youth & Family Services

Just as they've answered our nation's call time and again, more than 80 Ellsworth members and their families stepped up to help make the 10th Annual Youth & Family Services Kids Fair a roaring success.

More than 8,000 children and their families attended the event, which was held April 22 through Sunday in the Rushmore Plaza Civic Center. The event included pony rides, a petting zoo, mini train rides, stage acts, numerous hands-on activities in more than 70 booths and more.

"We needed about 165 volunteers to help us each day at the attractions and events," Debra Watson, YFS Kids Fair Steering Committee chairperson. "Ellsworth provided us fantastic support. We would have struggled without them."

Watson added that numerous people commented to her about how impressed they were with the volunteers and their professionalism.

"It's important for the kids to be able to have fun and just enjoy being a kid for a few said Staff Sgt. Mike Roberts, 372nd Training Squadron, Detachment 8 B-1 crew chief instructor. "It's a great feeling to see the smiles on their faces and to hear the laughter and excitement in their voices."

Staff Sgt. Bridget Moore, 372nd TRS, Det. 8 B-1 propulsion instructor, said the event was also the perfect opportunity to teach people about the base. "It helps them to better understand who we are and the vital mission we're performing," Sergeant Moore said



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## News



**Staff Sgt. John Newcombe, 28th Medical Operations Squadron medical technician, administers an annual vaccination at the clinic Wednesday.**

### Take your medicine

Frequent deployments require vaccine emphasis

By Donna Miles, American Forces Press Service

WASHINGTON - Frequent, short-notice deployments worldwide demand the military step up its emphasis on keeping the force vaccinated for contingencies it may face, said the Defense Department's deputy director for the Military Vaccine Agency.

The expeditionary nature of the force requires that DOD officials plan ahead to provide servicemembers the best possible protection against disease and illness when they deploy, said Army Col. John Grabenstein.

"Vaccinations have always been about planning ahead," he said. "We try to anticipate what is going to happen at the other end of that plane flight to the deployment area."

As a result, DOD officials are conducting more surveillance about infections and diseases that servicemembers need to be protected against, Federal Drug Administration-approved vaccines to counter them, and Centers for Disease Control guidelines for administering these vaccines.



DOD officials are also making a greater effort to ensure servicemembers' shot records *up to date*. This way, when a short-notice deployment occurs, the affected troops need those shots specific to their deployment area, not "a big, long laundry list of vaccines," the colonel.

This effort includes more screening of reservists and guardsmen, checking their immunizations records each fall when they receive their flu shots to ensure they are current. Reserve troops generally require more shots than their active-component counterpart, Colonel Grabenstein said.

When entering the military, all servicemembers receive a basic list of immunizations: meningococcal; tetanus and diphtheria; measles, mumps and rubella; and poliovirus. Vaccines are frequently prescribed for travel to specific international locations or for certain occupations, he said.

Other vaccines protect against bioweapons such as anthrax and smallpox. DOD officials have the anthrax vaccination program on hold in 2004 pending legal challenges, but support findings the vaccine is safe and effective.

Mandatory immunizations for servicemembers protect the fighting force and keep it fit much as body armor does, said the colonel.

(Air Force Print News)

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## News



**Special Agent Steven Carrigan, Federal Investigative Services agent settles his new Rushmore Center office.**

### Security move: act creates new OSI position

By Senior Airman Raelynn J. Dennis, Black Hills Bandit staff

In December of 2004, the President signed into law the Intelligence Reform and Terrorism Prevention Act creating a new Center for Federal Investigative Services office for Ellsworth.

The new law will unify most of the intelligence community allowing the Director of National Intelligence to ensure the sharing of information among agencies and to establish common standards for the intelligence community's personnel.

This law also required all National Security Background Checks to fall under one government agency. According to a recent press release, the Office of Personnel

Management / CFIS was selected by the president to be the agency to take over the this mission.

Because of this, the Department of Defense transferred approximately 1,800 Special and support personnel to the CFIS on Feb. 20.

"To help with this mission, CFIS has obtained contract investigators who provide investigative services to help ensure the success of the National Security mission for background investigations in South Dakota," said Special Agent Steven Carrigan, Ellsworth agent.

The transfer of these federal agents, coupled with the combined use of contract investigators will help close the long turnaround time for security clearances. Each investigation can require contacting as many as 40 different sources - national, state local law enforcement agencies, credit bureaus, schools, courthouses, neighbors, former employers, etc.





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## News

### America remembers Desert One heroes

By Jim Garamone, American Forces Press Service

WASHINGTON - America honored eight American servicemen Monday who died attempting to rescue American hostages in Iran 25 years ago.

A ceremony here brought together the families of those killed, their comrades and those servicemembers who carry on the special operations mission.

In November 1979, Iranian militants took 53 Americans hostage in the U.S. Embassy in Tehran. It was the most egregious violation of the principles of diplomacy in the history of statecraft, said L. Bruce Laingen, the highest ranking American taken hostage.

On April 25, 1980, the rescue attempt, dubbed "Operation Eagle Claw," came to a flimsy end on the floor of the desert near Tehran. Eight Americans - five Airmen and three Marines - were killed when the rotor of a helicopter sliced into the fuselage of a C-130 Hercules.

The eight killed in the failed rescue attempt were: Maj. Richard Bakke, Marine Sgt. Jo Harvey, Marine Cpl. George Holmes Jr., Marine Staff Sgt. Dewey Johnson, Maj. Harold Lewis, Tech. Sgt. Joel Mayo, Maj. Lyn McIntosh and Capt. Charles McMillan II.

The ceremony also brought together 10 of the hostages, who were released by the Iranians after 444 days in captivity.

There was sadness at the ceremony, but there was also admiration for the courage they showed and the knowledge that out of the fires of Desert One - as the site in Iran was known - came the impetus for a new, stronger, more integrated military and special operations force.

Lt. Gen. Norton A. Schwartz, director of the Joint Staff, called the failure of the Iran hostage rescue mission a seminal event in recent American military history. The mission was so important that the nation's self-image and the fate of a presidency hung in the balance.

When the mission failed, media reports were full of recriminations, and nations worldwide called the United States a toothless lion.

"Yet at the same time, the memory of Desert One propelled a generation, of which I am a part, to assure that America would never again repeat that searing, transforming experience of the 25th of April 1980," General Schwartz said.



*We all share the grief of the families who lost loved ones that day, but they died tryin*  
General Schwartz said. They kept the promise.

"Because on that murky night, when they faced America's adversary and their own fe  
your men did not submit," General Schwartz told the families. "They didn't retire. The  
didn't then, and we, their successors - in large measure in their honor - don't and woi  
now."

Army Lt. Gen. William Boykin was one of the would-be rescuers that day. He said tha  
accident "was the greatest disappointment of my professional career because we didn  
bring home 53 Americans."

Now principle deputy undersecretary of defense for intelligence and warfighter support  
the Pentagon, General Boykin also called the mission one of the proudest moments of  
career. He said all the men in the rescue effort knew the risks.

"None of us wanted to die; none of us expected to die, but we knew the risk," Genera  
Boykin said. "We knew we were up against an entire nation with a force of 100 people

Thomas O'Connell, assistant secretary of defense for special operations and low-inten  
combat, said the sacrifices of those eight men were not in vain.

"If you need inspiration in these tough days, give thanks for those who risked and ga  
on this mission, but also give thanks for those who survived and made great strides fi  
national security," Mr. O'Connell said.

(Air Force Print News)

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### Members anticipate new civilian personnel system

By 1st Lt. Elizabeth De Jesus, Black Hills Bandit staff

Despite some of the anxious feelings toward the Department of Defense's plan for a new civilian personnel system, some base members are looking forward to the new program.

Ellsworth is one of eight bases to implement the National Security Personnel System during the initial start-up phase called Spiral 1.1, which will impact almost 300 civilians and over 150 military and civilian supervisors here.

"I'm excited about the program," said Tammy Morgenstern, 28th Civil Engineer Squadron administrative assistant. "I believe it will offer me an opportunity to play for the same team, but using different rules."

According to the NSPS website, <http://www.cpmis.osd.mil/nsps>, the program offers new rules for pay and classification, performance management, reduction in force, discipline matters and appeal procedures and labor management relations.

"For many civilian employees, very few will see a change in their duties," said Mark Wheeler, Team Ellsworth Implementation Team chair. "Supervisors' duties will change NSPS because of the pay for performance feature."

Maj. Hessam Wessal, 28th Maintenance Operations Squadron commander, said the new program will provide greater flexibility for supervisors when recognizing an employee's superior performance with monetary incentives.

"This new system will challenge civil servants to step up and be better performers," said Morgenstern. "The company we work for is changing and if we want to remain on the job we have to roll with this punch. We have to embrace it and make it work for us individually."

The new system is scheduled to begin in July and Ellsworth's Implementation Team is continuing to educate employees in an effort to ease the transition from the old system NSPS. The implementation team was provided with handouts and more resources after a recent visit from the Air Combat Command team Apr. 11 through 13.

"A lot of the details on NSPS aren't available at this time," said Mr. Wheeler. "Once the Air Force and DOD meet and confer, the regulations will be finalized and all the guidance will come down and this should be complete by May 18."



*Ellsworth's implementation team is currently updating its website to include a forum for people to post questions or concerns they have concerning NSPS. Many frequently asked questions are already posted on the NSPS website at <http://www.cpms.osd.mil/nsps/faq.html>.*

"I'm sure we all have many of the same questions and are experiencing the same fears because of the unknowns we face," said Ms. Morgenstern. "A forum to get accurate answers quickly will go a long way in alleviating many of our fears."

"We need a renewed pride in the job we're doing for America and this new system sounds like just what the doctor ordered."

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### What is the National Security Personnel System

Section 9902 of Title 5, United States Code, enacted by the National Defense Authorization Act for Fiscal Year 2004 (Public Law 108-136, November 24, 2003) gives the Department of Defense (DoD) the authority to establish a more flexible civilian personnel management system. NSPS will allow the Department to be a more competitive and progressive employer at a time when the country's national security demands a highly responsive system of civilian personnel management.

NSPS, once the design is finalized, will likely include changes in the way civilian jobs are graded and classified (a shift to Pay Bands), in the way the employee and manager performance objectives are set, managed and re- (Pay for Performance), in the way the Department works with its unions (Labor Relations), in the way the Department hires, promotes and adjusts its workforce size (Staffing Flexibilities) and in the way the Department addresses personnel issues, discipline and appeals. The specifics of each of the above are not yet determined. They will result from a DoD-wide effort currently underway.

(Editor's note: Information taken from NSPS Web site: <http://www.cpms.osd.mil/nsp>)

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### Easier TSP: 'Lifecycle Funds' aim to maximize retirement cash

By Gerry J. Gilmore, American Forces Press Service

WASHINGTON - Recent surveys show most people contributing to Department of Defense-sponsored thrift savings accounts shun riskier investment options and are not getting maximum returns to build bigger retirement nest eggs, a DOD thrift savings plan specialist said.

"The vast majority of participants do not fully take advantage of the Thrift Savings Plan," said Army Lt. Col. Janet Fenton, executive director of the Armed Forces Tax Council.

The Thrift Savings Plan is a 401k-type program designed to provide tax-deferred retirement nest eggs for servicemembers and civilian employees, Colonel Fenton said. TSP managers have noticed that "very few" participants transfer money out of more stable investment programs into riskier options, she said.

Some participants might be leery of riskier TSP investment options because they have or no stock market savvy, Colonel Fenton said. However, the new Lifecycle Funds program slated for implementation in July will allow TSP participants to have experienced money managers make investment decisions for them according to 10-year plans.

The Lifecycle Funds program "is going to help address the issue of people who want to take advantage of the Thrift Savings Plan but maybe are intimidated by making investment choices and allocating their participation contributions between the various funds," she said.

The Lifecycle Fund program "is based on asset allocation within the fund, based on how long you are going to have that money in the fund until you retire," she said.

The G fund, consisting of treasury bonds and other federal-backed investments, is considered the most stable of the five TSP choices, she said.

Through use of the Lifecycle Fund program, "the money is allocated for you amongst the various funds without you having to do anything," she said. The system "is automatic" and "continues as your time in the military (or government) continues."

For example, typical investments early in a 10-year period would tend to be targeted toward riskier, but higher potential yield investment options, Colonel Fenton said. Investment choices would become more conservative as the end of the 10-year period nears.

After the current TSP open-season investment choice system ends July 1, participants will be able to change their investment options at any time, said the colonel.



Although the program does not guarantee participants will make money on every investment, Colonel Fenton said riskier investment options usually produce higher returns over the long term.

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### Military struggling with rising health-care costs

By Army Sgt. 1st Class Doug Sample, American Forces Press Service

WASHINGTON - Rising medical costs and the expansion of health benefits for retirees, guardsmen and reservists, and their families, are putting a strain on the military health-care system, Defense Department health and personnel officials told members of Congress on April 21.

"Rising health-care costs are not unique to the military health system; it's a national concern, and we're struggling with it," said Dr. William Winkenwerder Jr., assistant secretary of defense for health affairs.

Rising costs can also be attributed to increased enrollment in Tricare benefit programs, said David S. C. Chu, undersecretary of defense for personnel and readiness.

Improvements in Tricare benefits have made the health plan "widely accepted" by service members, retirees and their families, Mr. Chu said.

And, "others seek to join this program," he said, referring to retirees older than age 65 who joined Tricare for Life, and reservists, who can begin enrolling in Tricare Reserve Select.

However, the popularity of Tricare programs has brought with it "substantial cost," Mr. Chu said.

Expenses for Tricare have grown rapidly, doubling over the past five years from \$18 billion to nearly \$36 billion in 2005, Dr. Winkenwerder said. If the current trend continues, the program's total budget could top \$50 billion within five years, he said.

By 2010, about "70 percent of the health budget will be spent caring for retirees," Dr. Winkenwerder said.

"The facts show that our expansion of health benefits, such as those for our senior reservists, underlies the growth, and that growth could put today's operations and sustainment at risk," he said.

In addition, the expansion of health-care benefits to retirees has led to increased pharmacy costs. The cost of Tricare's pharmacy program has increased 500 percent since 2001, with costs approaching \$6 billion this year, Dr. Winkenwerder said.

Department officials are trying to control some of those costs by implementing



"performance-based" budgets and improving Tricare's pharmacy program with a new formulary and using federal pricing for its retail pharmacy network, he said.

In addition, Tricare contracts are designed to "leverage private-sector methods" to co-purchased health-care costs, Dr. Winkenwerder said.

Still, management actions alone, even dramatic ones, "will not stem the rapid growth spending," he said.

"That is because benefit expansion and rising utilization are the driving forces in send these costs upward," he said.

Part of Tricare's problem is the program's benefit structure has not kept pace with change in the private sector or industry, Dr. Winkenwerder said. For example, enrollment fee cost shares for Tricare have not increased in a decade, he said.

While Tricare cost shares have remained "unchanged" over the past five years, those private health-care firms have risen significantly, Dr. Winkenwerder said. For instance, cost shares for Kaiser Permanente Mid-Atlantic region rose 57 percent, and those for Blue Cross of Michigan rose 87 percent.

"This has persuaded a growing number of our beneficiaries to drop their private cover and to fully rely upon Tricare," he said.

"The low out-of-pocket costs and outstanding benefit" that Tricare provides will drive our retirees (to) rely on Tricare instead of their employer-based plans in just a few years, Dr. Winkenwerder said.

"Simply put, we face a tremendous challenge with a benefit design that does not always reward the efficient use of care," he said. "And that is increasingly out of step with employer-based plans."

However, the department is looking at options to contain costs, he said.

One possible option would be establishing a health-savings plan for military families, similar to the one Congress authorized for DOD civil-service employees, Mr. Chu said.

"We are looking hard at how you would offer (such a plan) on a voluntary basis - against your choice - to military households," he said.

Mr. Chu said he has asked department officials to look into the issue. However, such a plan would likely need statutory authority from Congress.

"The military benefit is called out in a separate set of statutes and governed by those statutes," he said. "So if we were going to offer a thoughtful health-saving account plan, it would need some additional statutory authority."

(Air Force Print News)

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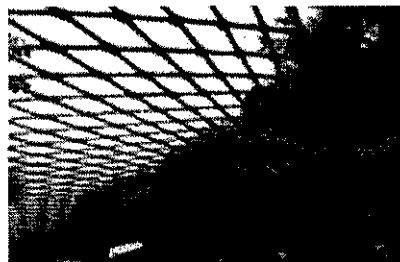


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### Clean metal

SAN VICENTE, El Salvador - Airman 1st Class Emmanuel Solois cleans expanded metal at a clinic-building project here April 13. The project is one of the New Horizons exercise projects that will provide two new schools and three clinics in areas that were hit by earthquakes. Airman Solois is assigned to the 28th Civil Engineer Squadron at Ellsworth Air Force Base, S.D.

U.S. Air Force photo by Tech. Sgt. John M. Foster



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### Ellsworth's spotlight is on ...

#### Airman 1st Class Mark Gingrass

28th Maintenance Squadron,  
avionics technician

What's the most important advice  
you would give to new Airmen?

Stay busy and people will notice  
that you're a hard worker and you'll  
get recognized.

What do you do in your spare time?

Skateboard, attend school and run  
my own web site

What does your job entail?

Isolating faulty components that  
make up line replaceable units and fixing/replacing them as well as maintaining the te  
stations

What are you proud of?

My parents, for raising 13 children

What do you like about your job?

The challenge of troubleshooting multi-million dollars worth of equipment and being t  
to do so.

#### Tech Sgt. James Crews

28th Logistics Readiness Squadron fuels distribution supervisor

What do you like about your job?

I love being in the Air Force, the traveling and working with all of the great people I h  
had the chance to over the past 13 years. *In my current job I enjoy working with the*  
Airmen and mentoring them to be successful in the Air Force.

What are you proud of?

*My wife and kids who have sacrificed a lot to follow me in my career which has exten*  
New Mexico, Japan, Georgia and now South Dakota

Where are you from?



*Pensacola, Fla.*

What do you do in your spare time?

Softball, bowling, basketball and almost any other sport.

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### Chapel Schedule

#### Daily Catholic Services

Monday through Thursday, noon at the Black Hills Chapel

#### Sunday Catholic Mass

9:30 a.m. at the Black Hills Chapel

#### Sunday Protestant Services

Community Service, 11 a.m. at the Freedom Chapel

Inspirational Gospel Service, 11:15 a.m. at the Black Hills Chapel

Rock Contemporary Service, 6 p.m. at the Chapel Activities Center

#### Eucharist and Healing Service

Protestant Eucharist and Healing Service, Tuesdays, 11:45 a.m. at the Freedom Chapel

The Freedom Chapel is located at 1554 Ellsworth St., west of the Commissary.

The Black Hills Chapel is located at 1192 Foulis Drive, east of the Rushmore Center.

The Chapel Activities Center is located at 1158 Ellsworth St., north of the Rushmore Center.

For more information, call 385-1598.

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### Saluting is a greeting

Master Sgt. Chad Eiring, 28th  
Mission Support Squadron

Nothing is more embedded in the military culture than saluting. All services teach this in their basic officer and enlisted training programs, and it's reinforced throughout the service member's career, but where did this custom originate?

No one knows for sure the origin of the hand salute. Many references point to the knight's symbolic gesture of raising his visor to reveal his identity as a courtesy on the approach of a superior as its origin. We do know that from earliest times and in many races the right

(weapon) hand has been raised as a greeting of friendship. Some believe the origin of hand salute derives from the long established custom for juniors to remove their hats in the presence of superiors. In the British Army as late as the American Revolution a soldier saluted by removing his hat. As the British soldier's hat became more cumbersome the act of removing the hat degenerated into a gesture of grasping the visor. The folk entry in the "Order Book of the Coldstream Guards," dated Sept. 3, 1745, supports this view: "The men were ordered not to pull off their hats when they pass an officer, or to speak to them, but only to clap up their hands to their hats and bow as they pass." Over the years the practice evolved into something like our modern hand salute.

No matter what its origins, the hand salute today, while it varies across the globe, says effect "I greet you." Returning the salute says in turn "I return your greeting." The gesture is always friendly and rendered cheerfully and willingly. It is rendered with pride and recognition and sign of respect between comrades in the honorable profession of arms.

(Editor's note: information paraphrased from "Til Wheels Are Up!")

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### Bulletins

#### Bowl for kids

This year's Bowl for Kids' Sake will be held Sunday at noon and 2 p.m. at the Bandit Lanes.

Bowl for Kids' Sake is the only major fundraiser for Big Brothers Big Sisters of the Black Hills. To participate in the event five bowlers are needed to make up a team.

Each bowler must raise a minimum of \$60. Call 343-1488 to reserve your session time and obtain forms.

#### Warrior fly by

There'll be a warrior fly by today at 12:45 p.m.

#### Photo contest

The Black Hills Bandit is hosting a photography contest. Participants should send phot tell a story and show action, by May 20.

All Ellsworth members are eligible to enter and the top photos will be printed in the M Bandit.

Entries can be e-mailed to [blackhills.bandit@ellisworth.af.mil](mailto:blackhills.bandit@ellisworth.af.mil) or mailed to the Public A office at 28BW/PA, 1958 Scott Dr., Suite 4, Ellsworth AFB, S.D. 57706. Please include name, phone number and information about the people and events in your photo. For information, contact the Public Affairs office at 385-5056.

#### Special Olympics

The State Special Olympics, Summer Games will be held May 12 through 14 at Spear Volunteers are needed at these events and to help with transportation.

For more information or to sign up, call Master Sgt. Christopher Thurlow at 385-6361.

#### Squadron closure

The 28th Comptroller Squadron will close for a squadron function 10:30 a.m. to 4:30 Thursday. For emergency service call Master Sgt. Bryan Hendricks at 431-3016.

#### CCAF



Family members, friends and co-workers of Community College of the Air Force graduates are invited to attend graduation exercises May 6, at 2 p.m. in Dakota's. Chief Master Clyde Aune, 28th Bomb Wing command chief will serve as the guest speaker. Refreshments will be served after the ceremony. For more information call Marsha Taylor at 385-23

### **Forest clean-up**

The Black Hills National Forest Mystic Ranger District is sponsoring a clean-up day Saturday beginning at 9 a.m. at the shooting sight on Beretta Road.

Volunteers are needed to pick up trash at the sight off Highway 16. It's suggested that participants *bring drinking water, eye protection, sunscreen, leather boots, gloves, lunch and rain gear.* Trash bags will be provided.

To reach the area turn right at Forest Service Road 650, Beretta Road. Travel one mile to the flagged area. For more information call Jeni Lawver or Eugene Bolka at 343-1567

### **Enlisted Spouses**

All spouses are invited to join the Enlisted Spouses Group for a Mexican potluck Monday 6 p.m. at the Family Support Center. Low rate child care is available during the event. For more information, call ESG President Alicia Jones at 923-6055.

### **Join CAP**

The Rushmore Composite Squadron of the Civil Air Patrol will conduct a membership drive for cadet and adult members Saturday at the Rushmore Mall. This drive will include an open house Thursday at 6:30 p.m. at the headquarters in the Vehicle Dispatch Building. For more information, call 385-5840, send messages to [Raptorb128@aol.com](mailto:Raptorb128@aol.com) or visit [www.SDCAP.US](http://www.SDCAP.US).

### **Unity Service**

There will be a Unity Service 11 a.m., Sunday at the Freedom Chapel. This worship service unites all the Protestant services in one. The regular scheduled Rock Contemporary Service will not be held on this day, but will resume the regular schedule May 8 at 6 p.m.

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## News

### Services for You

#### Mother's Day

Treat mom on her big day by bringing the whole family to a Mother's Day Brunch at Dakota's from 10 a.m. through 2 p.m. May 8.

Moms will receive a carnation and a coupon for free designer perfume.

Meal prices are \$10.50 for adults and \$7 for kids ages five through 12. Children ages four and younger eat for free. For more information, call 385-2277.

#### Super Saturday

The Auto Skills, Outdoor Recreation, Army and Air Force Exchange Service BX and Sentinel Federal Credit Union host a Super Saturday base event May 14 from 9 a.m. to 2 p.m. For more information call 385-4321 or log on to [www.ellsworthservices.com](http://www.ellsworthservices.com)

#### Dakota's Dining

Dakota's Dining Club serves lunch Mondays through Fridays from 11 a.m. to 1 p.m. Dinners are served Fridays from 5 to 8 p.m. For more information, call 385-1765.

#### Vet clinic

Heartworm tests will be available for dogs during the base veterinary clinic's Heartworm Prevention Day Wednesday from 8 a.m. to 4 p.m. For more information, call the base veterinary clinic at 385-1589.



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## News

### 28th Bomb Wing 2004 Quarterly Award Winners

#### Company Grade Officer of the Quarter

1st Lt. Benjamin Brattebo, 28th Civil Engineer Squadron

##### Accomplishments:

- Ensured deployment of 53 Airmen for Air Expeditionary Force 4, including short-notice tasking of 17 Airmen in less than one week
- Oversaw squadron Phase I Operational Readiness Exercise processing of 90 people with 11 tons of cargo

#### Senior NCO of the Quarter

Master Sgt. Troy Schaefer, 28th Logistics Readiness Squadron

##### Accomplishments:

- Completed 40 no-notice spot inspections on 83 personnel; ensured flight compliance discrepancies noted
- Championed \$40,000 Mobility kit reconstruction; 100 percent ordered; 9.8 percent stocked; highest in three years

#### NCO of the Quarter

Tech Sgt. Susanne Herbert, 28th Maintenance Squadron

##### Accomplishments:

- Expertly managed section safety program. Efforts decreased on and off duty mishap 50 percent
- Acquired funds for digital X-ray system, eliminated future chemical and silver recovery dependency
- Incorporated technical order revisions and extensive changes to operating procedures
- Tax consultant for over 460 squadron personnel and improved return rate by weeks

#### Airman of the Quarter

Senior Airman Michelle Utrecht, 28th Operations Support Squadron



**Accomplishments:**

- Developed 30 personnel recovery kits for OREs; increased realism for intelligence air crews. First of a kind initiative
- Conducted six hour seminar on survival, escape and recovery materials; first review done in three years making members deployment ready

**Honor Guard Airman of the Quarter**

Senior Airman, Letitia Edwards 28th CES

**Accomplishments:**

- Performed over 28 base and civic functions investing over 110 hours to the base honor guard program
- Assisted in the instruction of multiple honor guard functions. Ensured continuity in the performance of details for over 40 personnel.

**Honor Guard NCO of the Quarter**

Staff Sgt. Michael Johnson, 28th Aircraft Maintenance Squadron

**Accomplishments:**

- Hand selected to fill in for the NCOIC of the Honor Guard for a period of 30 days.
- Selected by the Honor Guard NCOIC of the 28th Bomb Wing Honor Guard Exhibition team resulting in a 10 percent membership increase.

**Honor Guard Company Grade Officer of the Quarter**

Second Lt. Myer Gribbins, 28th Comptroller Squadron

**Accomplishments:**

- Led the performance of four military funerals and performed over 18 military and civic requests.
- Ensured all honor rendered left a final and lasting impression of the Air Force.

**Civilian of the Quarter, (Category 1)**

Theresa Truman, 28th Medical Support Squadron

**Accomplishments:**

- Has the customer first attitude; was presented the 28th Medical Support Squadron Customer Service Award
- Maximized the use of the Air Force High Dollar Drug Program and saved the medical treatment facility \$76,000.

**Civilian of the Quarter, (Category 2)**

Helen Romeyn, 28th Medical Operations Squadron

**Accomplishments:**

- *Personally conducted over 200 individual client home and office visits*
- Taught 11 classes, which connected with 178 individuals promoting healthy families preventing family maltreatment

#### **Volunteer of the Quarter**

Andrea Insko, 28th MDOS

Accomplishments:

- Volunteered 35 hours to physical medicine element
- Managed over 300 medical records for recent coding audit, contributing to the elem receiving the highest score in the 28th Medical Group.

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## Perspective

### Remembering deployment lessons

By Senior Airman Karah Manning, 379th Air Expeditionary Wing public affairs

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My life was heading in a different direction three years ago. I was a 21-year-old college student waiting for my life to happen, then a series of small events led me to a recruiter's office and with the hope of doing my part against terrorism, I raised my right hand and swore to defend my country. And besides, who could pass up those benefits, right?

However, within the year I was deployed and I couldn't help but think "What had I got myself into?"

Three months later, I was on my way home from the deployment and I breathed a sigh of relief. On the flight home I thought a lot about my new life in the Air Force and I realized that in my eagerness to get home I had missed the opportunity to truly see my role in the build up of the invasion of Iraq. I had joined the Air Force to see the world and experience new things, but when given that chance I cowered away from it. But despite that, I had already accumulated more experiences in my first year of service than my friends back home would be able to rack up in 15 years.

But just as deployments are tricky, so is the everyday routine of "work as usual" at home. For the next two years I settled into my career, I got engaged and thought strongly about separating at the end of my four years of service.

However, less than two weeks after getting engaged, Uncle Sam came knocking with the offer of another deployment - and I found myself once again feeling reluctant to uphold my part of the enlistment oath. Why did I have to deploy again? What about all those people I had never deployed before?

Nevertheless, my fiancée and I were married three days before I left. And again, I deployed with an unwilling spirit, except this time I had that "been there, done that" attitude. Even as last time, I have learned a few things that many first-term Airmen, and Air Force "newbies" don't get a chance to learn.

A deployed environment, like this one, and the people I have come in contact with have shown me how unique Air Force people are compared to the average Joe Citizens working for any given company.



In fact, I found I wasn't the only person sacrificing their honeymoons, their children's steps and months out of their lives to give their blood, sweat and tears to making sure the mission gets done - everyone here is putting their lives on the line to give freedom to people they will probably never see.

Where else can you find that kind of devotion? What other organization in the world is putting as much time and energy in its people?

Who else would provide superior training and benefits, knowing they will only get some of that investment back?

Deployments are what we spend every day at home training for - and we should all feel privileged we got to play a part in history. Years from now we will be able to tell our grandchildren about how we were there to help plant the seeds of democracy and change in this tumultuous region.

While we're here we've been given the opportunity to meet our fellow servicemembers deployed from around the world. Many people have formed new friendships that will last long after the return trip home. We've seen new things and experienced a culture that is vastly different from our own. We have all stepped out of our comfort zone and yet, we have not only maintained the high expectations set for us, we're surpassing them.

So although I can not wait to be 30,000 feet above the Atlantic Ocean on my way home, I am once again humbled by a deployment.

I've come to see how privileged we are to be entrusted with the responsibilities that come with answering the call to duty - and I will return home with my head held high and my mind expanded, ready, willing and proud to share my experiences and lessons.

I only hope that those I share these lessons with are quicker learners than I seem to be.

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## Feature



**Staff Sgt. James Hill, 28th SVS, slices a cake from a Unitized Group Ration pack. The cake was a part of the three-box module UGR used to feed Airmen during the Phase II April 18 - 21.**

### New-age military cuisine, from a trash can

SVS uses ingenuity to heat meals in cans during Ellsworth exercise

By 1st Lt. Carrie L. Kessler, Black Hills Bandit Staff

What do a corrugated garbage can, about 33 gallons of water and an immersion heater all have in common? An unusual way to bring a warm morale boost to a few hundred "deployed" Airmen.

During the damp and chilly Phase II Operational Readiness Exercise April 18 - 21, the 28th Services Squadron Airmen at the Oasis Inn Dining Area used some creativity to ensure two hot meals a day were provided to exercise participants.

The corrugated garbage can and heater, otherwise known as a Mess Kit Laundry unit previously used for field dishwashing, were used to cook Unitized Group Ration tray p the new wave in field feeding.

"All UGRs come in a three-box module and include everything but the heater and can opener," said Staff Sgt. James Hill, 28th SVS nightshift supervisor.



Every module includes one main meat item, a starch and vegetable, as well as condiments, a dessert, drinks, and all of the disposable items such as trays, cutlery and garbage bags.

"The UGRs are better tasting and have a more home-cooked style," Sergeant Hill said. "Some Airmen actually think we cook the food from scratch."

Most of the main meal items require heating, while all of the desserts are packaged in packs or 10-pound ready-to-serve cans.

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We're able to extend the shelf life of the UGRs by storing them at a lower temperature. Master Sgt. Karen Rugg, 28th SVS food service superintendent and Exercise Evaluation Team member.

While the food in the UGRs may not be exactly how mom might cook, Airmen find the meal to be very beneficial.

"It helps us out a lot," said Staff Sgt. Justin Cookie, 28th Maintenance Squadron assistant NCOIC, survival equipment section. "If we didn't have this, our morale would be very low."

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"It's much better than sitting out in the rain with a cold soggy sandwich," said Staff Sgt. Jeremy Hammett, 28th MXS aircraft metals technology craftsman.

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Throughout the three-day exercise, more than 450 Airmen were served a hot meal at lunchtime and about 200 were served a hot midnight meal.

"More people ate hot meals during this exercise than in past exercises," Sergeant Rugg said. "We only served a total of 200 hot meals during the (entire February Phase II ORE)."

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"I'm proud of these guys," Sergeant Rugg said. "They were able to set everything up hours and put out a hot meal that night."

Serving hot meals is a morale issue. And to get the job done, that's what you do in the field - you improvise, Sergeant Hill said.

Cooking in the corrugated garbage cans may be an unusual way to feed Airmen in the field, but Napoleon was right when he said "an army marches on its stomach."

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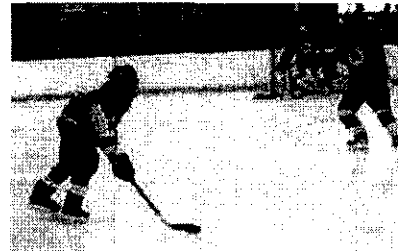


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## Sports



**Patrick Spangler, the South Dakota Select right-winger, wriests a shot from point during his team's 7-5 victory over Wyoming at the Roosevelt Park Ar Saturday.**

### Youth has eyes on frozen future

All-star plans to use hockey skills throughout life

Story and photos by Senior Airman Jason Piatek, Black Hills Bandit staff

While many 15-year-olds are too consumed with video games, shopping malls and the opposite sex to consider their future - Patrick Spangler is concentrating on his, which lies with the coolest game on earth.

Patrick has been playing hockey since age four when his father, Master Sgt. Gary Spangler, took him to an ice rink during his off-duty time.

"I worked the mid-shift, and the only thing open during the day was the ice rink - so I started skating," said Sergeant Spangler, 28th Maintenance Group product improvement manager.

Patrick quickly showed he had a knack for the sport as he developed his natural skills in beginner programs of Rome, N.Y. After a tour in the puck-filled communities surrounding Minot Air Force Base, N.D., the Spangler family came to Ellsworth where hockey was a fledgling sport for the area. Since the teams were small, the demand for ice time was

"I think the abundant ice time Patrick received paid huge dividends in his ability," Sergeant Spangler said.

"I've had to develop my speed to make up for the size difference I have with a lot of players," Patrick said.

At 5'5", 140 lbs., Patrick has always been one of the smaller players on the ice.

"But as long as I keep my head up and keep working hard, I'll be able to keep up with



bigger guys," the speedy winger said.

Patrick's quickness was part of the reason he was chosen for this year's South Dakota team.

"He's fast with a good puck-handling ability and a good knowledge around the net," said Michael Behm, SDS coach. "He's an aggressive player who can kill penalties and has great breakout vision."

Patrick is one of only three players from Rapid City on the 17-man all star team roster.

Patrick helped the South Dakota teammates have prove themselves as a force, notch goal and an assist in their first tournament, which was dubbed the "Rumble in 'da We tourney, played April 22 through Sunday at the Roosevelt Park Arena.

"Playing (for the all star team) has already started helping improve my game," Patrick said. "I've had to change my game due to the physical style of play, but playing against the skilled players around will only help me get better."

So far, the only challenge Patrick has faced is dealing with some of the goons supplied by the opposing all star teams.

"I like to play aggressively, but some of the other players try to use their size advantage and start fights or play dirty to turn the game around," Patrick said.

Sergeant Spangler said watching his son go up against some of the bigger guys makes him proud, even though the rough tactics used by other players can get out of hand.

"Last weekend one of our guys ended up face-down on the ice with one of their players beating his head into the ice," Patrick said. "Fighting doesn't belong in the game; Players should concentrate on playing the game the way it was meant to be played and not worry about that extra stuff. You should use your skills to win games."

Patrick has always tried to play by the rules, mirroring his day-to day life.

"Hockey's taught me some things that I use off-ice too," Patrick said. "I've learned you have to work together and communicate in hockey to score, just like you have to communicate and work together in order to get things done in life."

Being so heavily involved with such a demanding sport hasn't taken a toll on Patrick's schedule. Through daily practices and sometimes four to six games in one weekend, he still manages to keep up with friends, family and his school work. He hopes hockey will also be able to help him continue his education into college.

"I don't know what I'll major in yet, but as long as I can play hockey I'll be happy," he said.

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## **Perspective**

### **Remembering deployment lessons**

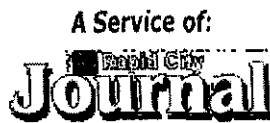
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## Perspective

### Traffic deaths take emotional toll on everyone involved

By Master Sgt. Kimberly Spencer, 59th Medical Wing Public Affairs

LACKLAND AIR FORCE BASE, Texas  
- I tell myself I won't cry this time.

It's been almost six years since my brother was locked up for vehicular manslaughter. As I sit and wait for him to be released into the visiting area, I remind myself, I will be strong, I will not cry this time.

I'm thankful that he somehow survived the wreck he caused. I deal with the guilt that comes when I think of the mother and daughter in the other car who didn't.

For my mother and stepfather the emotional and financial tolls have been devastating. Although he is one of six children, he is my mother's only son.

For my sisters and me, it has been an emotional roller coaster. Some of us have forgiven him and support him to the best of our ability. Others choose to pretend he no longer

I try to visit him at least once a month. The 12-hour drive gives me time to think.

I think about how this event has devastated so many lives; how that split-second decision to get behind the wheel, has turned into a lifetime of pain.

In his intoxicated state, my brother never realized he had forgotten to put his lights on. He pulled out into the path of a car holding a family of five. They didn't see him until it was too late.

T.C. finally arrives and checks in with the guards. This is when I feel the happiest, finally getting to see my baby brother again. I hug him briefly as a meaty-looking guard frowns.

We sit across the table from one another and chat. We've learned to keep it light, talk about something interesting he has read, or how work is going for me. I try to update on family events without dwelling on the things he is missing too much.

Before I know it, the guard is giving us the five-minute warning. This is where it gets tough for me. I hug him hard, holding on despite another frown from the meaty guard. Inevitably, he pulls away and heads for the door back to his cell. As he turns to look at me one last time, and I see the sadness in his eyes, I feel the tears melting my resolve.

Slowly I make my way back to the outside, through the stale air, past the clanking metal doors running on molasses.



As I exit the last door, I give up and let the tears fall.

Next time I will be strong, I tell myself. I won't cry - next time.

I've got 54 years to see if I can do it.

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## Feature



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SVS uses ingenuity to heat meals in cans during Ellsworth exercise

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Serving hot meals is a morale issue. And to get the job done, that's what you do in the field - you improvise, Sergeant Hill said.

Cooking in the corrugated garbage cans may be an unusual way to feed Airmen in the field, but Napoleon was right when he said "an army marches on its stomach."

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## Feature

### Cycle season safety: tips to avoid becoming another mishap statistic

By Senior Airman Raelynne J. Dennis, Black Hills Bandit staff

With the weather beginning to feel more like spring, more people are out riding their motorcycles on highways and roads through the hills.

Ellsworth officials encourage members to enjoy the outdoors but also to keep safety in mind.

In 2003, five reportable Ellsworth motorcycle mishaps occurred, resulting in a total of 96 lost duty days. Last year Ellsworth experienced two reportable motorcycle mishaps, which accounted for 32 lost workdays.

"Motorcycle safety training is required to ensure our personnel have the skills and training necessary to ensure their survival," said Tech. Sgt. Michael Walter, 28th Bomb Wing ground safety chief.

Officials say that per mile driven, motorcyclists are about 14 times more likely than people in a car to die in a motor vehicle crash, and they're about three times more likely to be injured.

For this reason, all Air Force military personnel who operate a motorcycle on or off duty on or off base and regardless of the member's decision to register their vehicle on the base are required to attend an approved motorcycle rider safety course. This is the same for all Air Force civilian personnel.

Seven Experienced Rider Courses and five modified Basic Rider Courses will be available this year.

For more information or to sign-up for a motorcycle safety course, call 385-7233.

### Safe ridin'

Officials from the National Highway Traffic Safety Administration and the Motorcycle Safety Foundation offer the following tips to reduce your chance of injury:

- Never drink alcohol before operating a motorcycle.
- Follow all the rules of the road. Don't speed-40 percent of motorcyclists who died in crashes were speeding.
- Watch for hazards on the road, such as large cracks, holes, and bumps. Keep an eye





for vehicles coming from driveways and side streets.

- Make sure the headlight is on every time you ride.
- Don't let anyone ride with you until you are skilled at riding in all kinds of conditions.
- When passengers ride with you, they must wear a helmet and protective gear.

The following tips, gathered from several states' motorcycle operator's manuals, may increase the safety of your passengers:

- Insist that passengers sit behind you on the motorcycle.
- Make sure passengers' feet can reach the footrests. Insist they keep their feet on the footrests at all times, even when you stop.
- Don't let passengers get on the motorcycle until after you start it.
- Tell your passengers to lean with you when you turn.
- Insist that passengers hold on to your waist all the time.
- Instruct passengers to keep their legs away from the muffler to avoid burns.
- Ask that passengers limit their movement and talking.

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## Feature

### Reap rewards by showing your yard a little

#### Tender Loving Care

By Senior Airman Raelynne J. Dennis, Black Hills Bandit staff

April is National Lawn and Garden Month and base officials are reminding members that the Ellsworth Yard of the Month competition is right around the corner.

"This year, a resident from each of our four housing areas, Centennial Estates, Dakota Ridge, Prairie View Estates and Black Hills Estates will be selected," said Ron Uecker, 28th Civil Engineer Squadron chief of housing assistance and facilities. Awards will be made for the months of May, June, July and August."

According to Mr. Uecker, now is the time to begin working on the yards to get them ready for the competition.

"The primary standards each resident is responsible for includes properly trimming, edging and mowing their yard," Mr. Uecker said. "This includes ensuring cracks, fences and railings are free of grass and weeds. Carports, back porches and yard areas should be neatly maintained, attractive and free of clutter."

Occupants found violating the base watering schedule are excluded from this competition.

The program was initiated in the early 1980s to recognize residents who take extra time and effort to enhance the appearance of our family housing area, Mr. Uecker said.

Each month, when the housing representatives survey the yards, they'll be looking for certain qualities. A list of the outstanding yards for each month and it will be sent to the 28th Mission Support Group commander for the final decision.

The winner will have a "Yard of the Month" sign displayed in their yard, receive a Letter of Appreciation from the 28th MSG commander, a gift certificate packet from the 28th S Squadron and a choice of new kitchen appliances if their current appliances are at least 5 years old.

"This recognition program has become a foundation for community pride, combined with our landscaping efforts and has enhanced our overall base appearance," Mr. Uecker said. "Add in a bit of 'neighborly' competition, we can all be proud of where we live and work."

For more information about the Yard of the Month program contact the base housing office.



at 385-2576.

### **Rules of Thumb for Water Use on Lawns and Gardens**

Overnight watering is allowed between 6 and 11 p.m.

Watering is also allowed between 6 and 9 a.m.

If your base house address number ends in an even number, you can water on the even-numbered days.

If your address ends in an odd number, you can water on the odd-numbered days.

No watering is permitted on the 31st of every month.

For more information on the watering procedures, call the housing office at 385-2576

### **Home and Garden Tips Lawn and Garden Care**

#### **Rules of Thumb for Proper Fertilizer Use**

Fertilizers provide nutrients necessary for plant health and growth, such as nitrogen, phosphorus, and potassium. Nitrogen is needed for healthy green growth and regulates other nutrients. Phosphorus helps proper roots and seeds develop and resist disease. Potassium is also important in root development and disease resistance. When properly applied, the nutrients in fertilizers are absorbed by plants, not water resources.

#### **Use the Right Fertilizer**

Test your soil to find out what nutrients are needed. Contact your local Natural Resource Conservation Service or Cooperative State Research, Education, and Extension Service office to get information on obtaining a soil test. Local fertilizer dealers can also be helpful.

#### **Mow Your Lawn Frequently**

Leave the grass clippings to decompose on the lawn. Annually, this will provide nutrients equivalent to one or two fertilizer applications. Set mower at 2 inches to reduce water runoff during hot weather.

#### **Apply Fertilizer Properly**

It's best to apply fertilizer when the soil is moist and then water lightly. This will help fertilizer move into the root zone where it is available to the plants, rather than staying on the surface of the soil.

Avoid applying it immediately before a heavy rain. Use the minimal amount of fertilizer necessary and apply it in small, frequent applications.

Calibrate your fertilizer spreader to be sure you know exactly how much material is being discharged in a given space.

#### **Alternatives to Pesticides and Chemicals**

Consider using natural alternatives for chemical pesticides: Non-detergent insecticidal soaps, garlic, hot pepper sprays, 1 teaspoon of liquid soap in a gallon of water, used dishwater, or forceful stream of water to dislodge insects.

Also consider using plants that naturally repel insects. These plants have their own chemical defense systems, and when planted among flowers and vegetables, they help keep unwanted insects away.

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## Sports



**Patrick Spangler, the South Dakota Select right-winger, wriests a shot from point during his team's 7-5 victory over Wyoming at the Roosevelt Park Air Force Base Saturday.**

### Youth has eyes on frozen future

All-star plans to use hockey skills throughout life

Story and photos by Senior Airman Jason Piatek, Black Hills Bandit staff

While many 15-year-olds are too consumed with video games, shopping malls and the opposite sex to consider their future - Patrick Spangler is concentrating on his, which lies with the coolest game on earth.

Patrick has been playing hockey since age four when his father, Master Sgt. Gary Spangler, took him to an ice rink during his off-duty time.

"I worked the mid-shift, and the only thing open during the day was the ice rink - so I started skating," said Sergeant Spangler, 28th Maintenance Group product improvement manager.

Patrick quickly showed he had a knack for the sport as he developed his natural skills in beginner programs of Rome, N.Y. After a tour in the puck-filled communities surrounding Minot Air Force Base, N.D., the Spangler family came to Ellsworth where hockey was a fledgling sport for the area. Since the teams were small, the demand for ice time was

"I think the abundant ice time Patrick received paid huge dividends in his ability," Sergeant Spangler said.

"I've had to develop my speed to make up for the size difference I have with a lot of players," Patrick said.

At 5'5", 140 lbs., Patrick has always been one of the smaller players on the ice.

"But as long as I keep my head up and keep working hard, I'll be able to keep up with



*bigger guys," the speedy winger said.*

Patrick's quickness was part of the reason he was chosen for this year's South Dakota team.

"He's fast with a good puck-handling ability and a good knowledge around the net," said Michael Behm, SDS coach. "He's an aggressive player who can kill penalties and has breakout vision."

Patrick is one of only three players from Rapid City on the 17-man all star team roster.

Patrick helped the South Dakota teammates have prove themselves as a force, notch goal and an assist in their first tournament, which was dubbed the "Rumble in 'da We tourney, played April 22 through Sunday at the Roosevelt Park Arena.

"Playing (for the all star team) has already started helping improve my game," Patrick said. "I've had to change my game due to the physical style of play, but playing against the skilled players around will only help me get better."

So far, the only challenge Patrick has faced is dealing with some of the goons supplied by the opposing all star teams.

"I like to play aggressively, but some of the other players try to use their size advantage and start fights or play dirty to turn the game around," Patrick said.

Sergeant Spangler said watching his son go up against some of the bigger guys made him proud, even though the rough tactics used by other players can get out of hand.

"Last weekend one of our guys ended up face-down on the ice with one of their players beating his head into the ice," Patrick said. "Fighting doesn't belong in the game; Players should concentrate on playing the game the way it was meant to be played and not worry about that extra stuff. You should use your skills to win games."

Patrick has always tried to play by the rules, mirroring his day-to-day life.

"Hockey's taught me some things that I use off-ice too," Patrick said. "I've learned you have to work together and communicate in hockey to score, just like you have to communicate and work together in order to get things done in life."

Being so heavily involved with such a demanding sport hasn't taken a toll on Patrick's life. Through daily practices and sometimes four to six games in one weekend, he still manages to keep up with friends, family and his school work. He hopes hockey will also be able to help him continue his education into college.

"I don't know what I'll major in yet, but as long as I can play hockey I'll be happy," he said.

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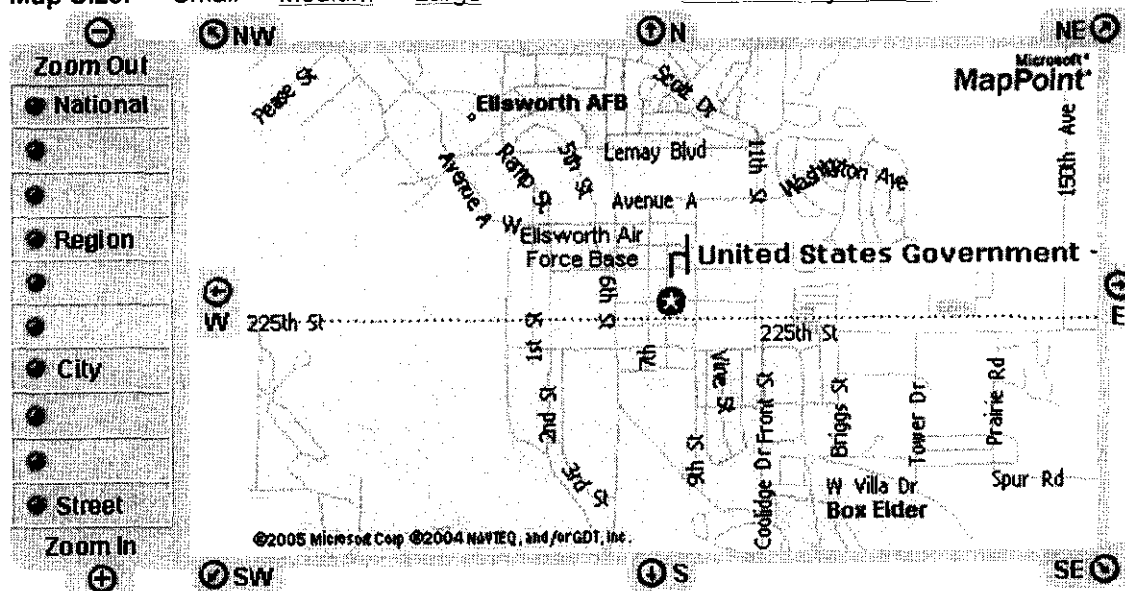
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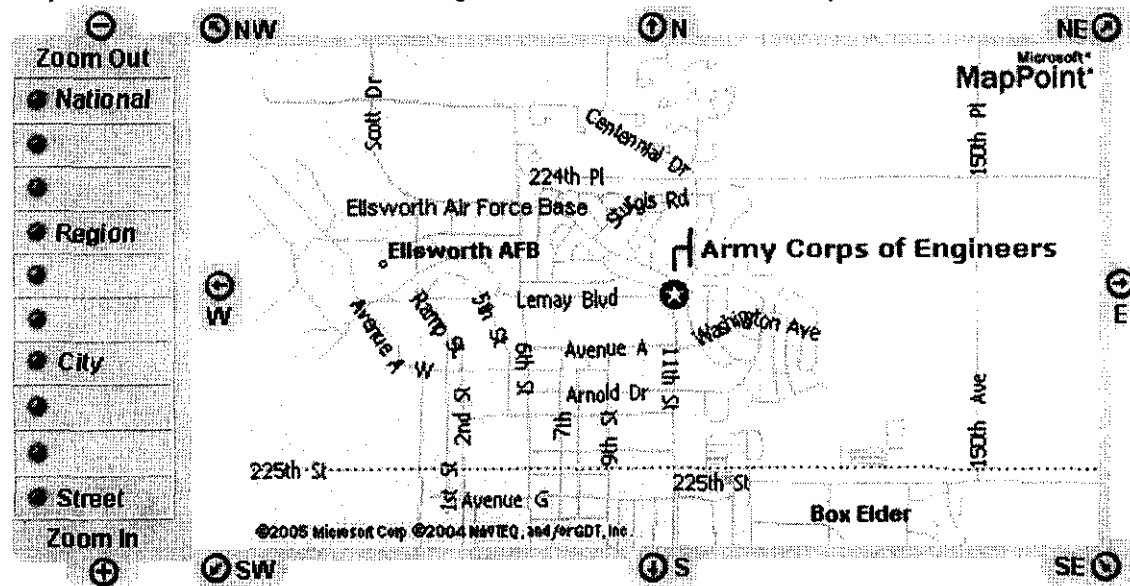
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